

Presto training courses

At Presto, we consider it important to provide up-to-date and modern fire safety training exercises of high quality.

As a result, we offer a comprehensive training programme that includes theory and practical exercises covering most aspects of fire safety, including related accidents. The training courses have been adapted to meet the legislation and

regulations that apply to the employer.

We can also adapt the training sessions to exactly suit your company. Presto has a local presence with its own offices throughout the country, enabling us to hold convenient training courses close to our customers.

Presto offers, among others, the following training courses:

Basic course: Fire protection

Basic training in fire protection that includes theoretical and practical fire protection training for all employees.

Fire protection information

Review of the theories of fire protection and the harmful consequences of a fire. Participants will learn how to protect themselves, their colleagues and property.

Fire extinguishing exercise

Hands-on training exercise in extinguishing a fire using on-site extinguishing tools. Designed for all employees.

Head of fire protection

Training course for employees appointed as responsible for fire protection in departments, units and other sections in private, municipal and state operations. A course requirement is having completed Presto's course in Basic fire protection.

Fire protection inspector

This course in fire protection inspection is designed for those persons in enterprises and other organisations who will perform inspection of fire protection measures at department, unit or other section levels. A course requirement is having completed Presto's course in Basic fire protection.

Evacuation exercise

Practical evacuation drill with follow-up review and documentation. For all employees.

Evacuation leader

Training course for persons appointed as evacuation leaders for a department, smaller unit or entire floor.

First aid and CPR

Practical training course in first aid and cardiopulmonary resuscitation (CPR), enabling participants to intervene in case of an accident as well as sudden cardiac arrest. For

all employees. After completing the course, participants receive a certificate from the Swedish Resuscitation Council

Basic course: CPR

Practical training course in cardiopulmonary resuscitation that enables participants to intervene in case of sudden cardiac arrest. For all employees. After completing the course, participants receive a certificate from the Swedish Resuscitation Council.

CPR with defibrillator

Practical training course where participants receive basic training in cardiopulmonary resuscitation (CPR) and also learn correct use of a defibrillator to restore normal heart rhythm.

First aid – Sudden illnesses

Practical first-aid training course enabling participants to intervene in the event of an accident and to apply blood-stopper bandages. For all employees.

Hot works

Training course complying with the syllabus of the Swedish Fire Protection Association (SBF) lead by an SBF-certified instructor who upon completion of the course will issue an SBF certificate valid for the next 5 years. Intended both for personnel involved in hot works and fire guards monitoring hot works operations.

Fire alarm installation inspectors

Training course designed for those charged with maintaining fire alarm systems according to the regulations of Insurance Sweden.

Do you miss a training course?

Would you like to design a specific training course

featuring selected elements? **We are here to help you!**

Please feel free to call us by phone at +46 10-45 20 000.

The impact and consequences of incidents are often reflected in the knowledge the victims possess – professionally trained staff creates an opportunity for a positive outcome.

First-rate equipment and good organisation can help, but is of no value if the staff does not know how to act. Training is of the utmost importance to ensure that the equipment and on-site fire protection installation are used in the best way possible.

Target group

The Presto basic course in fire protection is aimed at all employees in companies, industry, commerce and institutions as well as those working in municipal and state activities.

Objective

Following completed training, participants will have basic knowledge in fire prevention and how to protect themselves and property in case of an incident.

Course content

- Fire theory, risks in case of fire and its harmful effects
- Self-protection
- Extinguishing methods, extinguishing agents and extinguishers
- Fire preventive and fire mitigatory measures
- Human behaviour
- Evacuation
- Reassembly
- Legislation and regulations
- Systematic fire protection work
- Hands-on fire extinguishing exercise



After completing the course, we will issue certificates for having completed the basic course.

Course duration and number of participants

Course duration of 3 hours with a maximum of 20 participants during each session.

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- Evacuation
- Reassembly
- Legislation and regulations
- Systematic fire protection work

After completing the course, certificates of completed participation in fire prevention information will be issued to all participants upon the customer's request.

Course duration and number of participants

Course duration of 2 hours and maximum number of participants dependent on the training course premises.



Successful fire-fighting intervention does not merely depend on the equipment available on site, but also by the actions and knowledge of the staff and other people at the site.

The value of first-rate implements is reduced if those involved do not know how to use them correctly or are unaware of the advantages of different extinguishing agents. This course ensures that participants learn to act safely and as efficiently as possible in the event of a fire.

Target group

The Presto fire extinguishing exercise is aimed at all employees in companies, industry, commerce and institutions as well as those working in municipal and state activities.

Objective

Following completed training, participants will possess basic knowledge in fire-fighting techniques, fire extinguishing agents, extinguishing effects and selection of primary extinguishing gear and its proper use.

Course content

- Extinguishing methods, extinguishing agents and extinguishing effect
- Handheld fire extinguishers
- Fire hydrants
- Fire blankets
- Selection of gear
- Hands-on exercise

After completing the course, we will issue certificates for having completed the basic course.

Course duration and number of participants

Course duration of approx. 1–1.5 hours with a maximum of 20 participants during each session.



As the responsible person for fire protection at the workplace, even in a smaller company or organisation, there is a wide range of subject matters you should be familiar with from basic fire protection and evacuation to systematic fire protection work.

In January 2004, the Swedish Fire Protection Association came into force, stipulating the implementation of systematic fire protection work with varying requirements on documentation and scope.

Target group

The Presto training programme for those responsible for fire protection addresses employees in companies, industry, commerce and institutions as well as those working in municipal and state activities charged as responsible for fire protection activities at a department, unit or other section level.

Objective

Following completed training, participants will have knowledge of systematic fire protection work including the various sub-elements and applicable regulations, and they will possess basic knowledge of fire alarm systems, evacuation safety and inflammable goods.

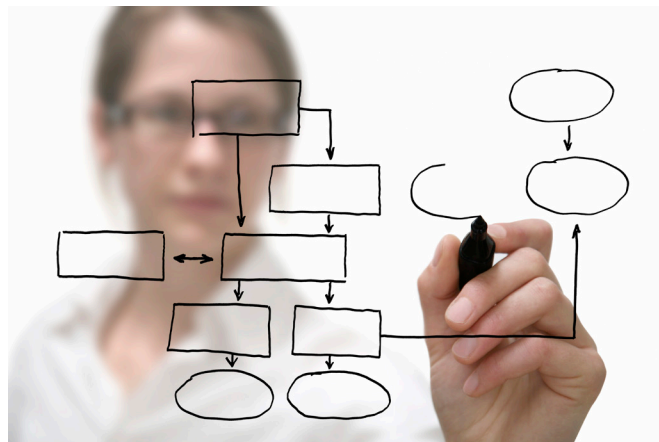
Course content

- Objective of systematic fire protection work
- Familiarisation with the most important legislation and regulations
- Structure of control systems
- Definitions of technical fire protection installations
- On-site inspection
- The need for internal and external inspections
- Fire alarms, structure, function and organisation
- Basic knowledge of inflammable goods
- The responsible person's position in the evacuation organisation
- Fire safety and fire protection

After completing the course, we will issue certificates for having completed the basic course.

Duration

Course duration of approx. 6 hours.



When the legislative requirement for systematic fire protection was introduced, the legislators wanted to create an overall approach to fire protection, and an important part and objective were to develop know-how around fire protection of objects in an effort to promote understanding of how different fire protection measures interact.

An important element in this context is well-functioning, on-site inspection procedures. To realise this requires knowledge and commitment. The on-site inspector is an important part of a functioning fire protection organisation.

Target group

The Presto training course for on-site fire protection inspectors is designed for those persons in enterprises and other organisations who will perform inspection of fire protection measures at department, unit or other levels. The course is divided into a theoretical part and a practical part.

Objective

Following completed training, participants will have knowledge of systematic fire protection work and what it means together with which elements are included in the on-site inspection and subsequent inspection procedures.

Course content

- Objective of systematic fire protection work
- Familiarisation with the most important legislation and regulations
- Structure of control systems
- Definitions of technical fire protection installations
- On-site inspection
- The need for internal control

After completing the course, we will issue certificates for having completed the basic course.

Course duration and number of participants

Course duration of 4 hours with a maximum of 20 participants during each session.

In case of fire incidents and other accidents, the situation often turns critical in just a few minutes with high risk of injury for those on the premises. A prerequisite for quick, safe evacuation in a critical, stressful situation is that everyone involved in the enterprise is aware of the evacuation procedures and know how to act in a crisis situation.

Regular evacuation exercises foster knowledge and composure and become invaluable in case of incidents. In the majority of incidents with fatalities or severe injuries, the human factor has been blamed as the decisive element in the evacuation process.

Target group

The Presto evacuation exercises are aimed at all employees in companies, industry, commerce and institutions as well as those working in municipal and state activities. These exercises also serve to ensure that the evacuation procedures in case of fire or other danger are satisfactory.

Objective

Following completed training, participants will have knowledge of evacuation procedures and how to protect themselves, their colleagues, customers and other visitors.

Course content, practical knowledge of

- Various types of fire and emergency alarms
- Human behaviour in case of danger
- Fire protection and emergency organisation
- Measures in case of fire or other danger
- The effect of smoke in evacuation routes (on customer's request)
- Evacuation systems and evacuation strategy
- Evacuation plan and escape signs
- Reassembly
- Legislation and regulations affecting the evacuation system

After completing the course, we will issue certificates for having completed the basic course.

Duration

Depending on the size of the object.



Safe, rapid evacuation can be crucial in case of fire or other threats since the situation often becomes critical within a few minutes after a fire has started. A prerequisite for a successful outcome is that the evacuation leader is well trained and has the required knowledge to lead the evacuation.

By maintaining a well functioning evacuation organisation with designated evacuation leaders who are responsible for a department, floor level or other naturally limited area, this can facilitate efficient and safe evacuation.

Target group

The Presto training course for evacuation leaders targets staff appointed with evacuation responsibility in private companies, industry, commerce, institutions and municipal or government operations.

Objective

Following completed training, participants will have knowledge of evacuation procedures and how to protect themselves, their colleagues, customers and other visitors.

Course content

- Human behaviour
- Effects on the human body
- Fire theory
- Hazards in case of incidents
- Fire and evacuation alarms
- Evacuation organisation
- Evacuation systems and evacuation strategy
- Evacuation plan and escape signs
- Reassembly
- Tasks and responsibilities of evacuation leaders
- Legislation and regulations affecting the evacuation system

Following completed training, certificates for having completed the course will be issued.

Course duration and number of participants

Course duration of 3 hours with a maximum of 15 participants during each session.



What do you do if someone in the vicinity becomes injured and starts to bleed profusely? Or if someone at the table drops a hot cup of coffee in his/her lap? Or suddenly becomes pale grey in the face while holding on to the chest? Or experiences a convulsive fit? Or...

Presto organises training courses in first aid. The courses are led by instructors with extensive experience in emergency treatment.

Course objectives

You will learn important, sometimes life-saving interventions and actions that can help seriously injured persons. We will prepare appropriate training content based on the risks that exist in your environment. To gain broader knowledge and a greater readiness to intervene, the first-aid training course can be combined with training in cardiopulmonary resuscitation (CPR). In connection with this training course, we can also review your first-aid supplies to possibly offer tips and suggestions for additional dressings appropriate for the work environment.

Course content

- Bleeding, wounds and crush injuries
- Dressing technology
- Preventive circulatory pressure
- Diabetes and epilepsy
- Coronary spasms
- Heart attacks
- Allergic reactions
- Burns

Optional:

- Sudden illnesses
- Injuries caused by crushing and squeezing
- Fall injuries and neck and back injuries
- Injuries caused by chemicals and caustic substances
- Eye injuries

Course duration and number of participants

Course duration of approx. 3–4 hours with a maximum of 12 participants in each group.

Do you know how to act if someone in the vicinity experiences cardiac arrest? Sudden, unexpected cardiac arrest is one of the leading causes of death in people of working age. Outside Sweden's hospitals, every year about 10,000 people are affected by cardiac arrest and only 400-500 of the victims survive. With up-to-date knowledge in cardiopulmonary resuscitation, CPR can save a lot more lives.

Presto organises training courses in cardiopulmonary resuscitation. The courses are led by instructors with extensive experience in emergency treatment.

Course objectives

Following complete CPR training, participants will be able to undertake CPR until ambulance paramedics take over. This training course also provides a wealth of tips and advice that will make your intervention more effective. All participants who complete this training course will receive a diploma.

Course content

- Situational assessment
- Consciousness, breathing and pulse
- Recovery position
- Calling 112
- Mouth-to-mouth method
- Cardiac compressions
- Airway blockages

Participants carry out some practical exercises on each other, the rest on training manikins.

After completing the course, we will issue certificates for having completed the basic course.

Course duration and number of participants

Course duration of approx. 2 hours with a maximum of 12 participants in each group.

Cardiopulmonary resuscitation (CPR) protects the brain of a dead person. To restore the normal heart rhythm, a defibrillator is required. This training course teaches participants how to conduct cardiopulmonary resuscitation using a defibrillator. CPR intervention can increase the chance of survival in victims suffering cardiac arrest by 5 to 70 percent.

Presto organises CRP training using automated external defibrillators (AED). The courses are led by instructors with extensive experience in emergency treatment.

Course objectives

We help you get certification for a heart-safe workplace. In a heart-safe environment, CPR begins immediately and cardioversion is conducted within 3 minutes from establishing that a person is suffering from cardiac arrest. We place high emphasis on creating a functioning alarm chain and an organisation for immediate treatment of cardiac arrest in your workplace.

Course content

- CPR review
- Turning patient to a safe recovery position from the back and stomach
- Calling 112, organisation of an alarm chain
- Mouth-to-mouth method with respiratory aids
- Cardiac compressions
- Structure and functions of the heart
- Cardioversion
- Safety aspects
- Application exercises, training scenarios on-site at the business premises

Participants carry out some practical exercises on each other and other exercises on training manikins.

Course duration and number of participants

Course duration of 4 hours with a maximum of 12 participants during each session.



A large number of fires – often with considerable material damage – has been caused by lack of knowledge about the risk of fire when working with open flames and spark-forming tools. As a result, insurance companies have been forced to introduce mandatory safety rules, which among others, include provisions that both the person involved in and guards monitoring hot works at temporary work sites must have completed compulsory training in hot works competence.

Hot works refer to work tasks that involve working with tools or machinery that can generate heat or form sparks. Presto's instructors have been certified by the Swedish Fire Protection Association (SBF).

Target group

The Presto Hot works training course is aimed at employees in companies, industry, the service sector, institutions and municipal or government operations engaged in this type of activity, those responsible for such works and for staff tasked as fire guards during hot works operations.

Course content

Fire theory

- Triangle of fire – prerequisites for a fire, how a fire begins
- Different types of fires, inflammable goods
- Fire preventive and fire mitigatory measures

Fire protection responsibility and the organisation in the workplace

- Who issues permits?
- Those working with hot works
- Client/Fire protection officer, Fire watcher

Safety rules and authorisation form

- Which insurance policies contain requirements and safety rules for hot works?
- Compensation rules of insurance companies (elements causing reduced compensation)
- How does the insurance apply in case of damage?
- Permits/check-list

Liability and insurance

- Criminal liability and civil liability

Fire extinguishing tools – theoretical and practical exercises

- Extinguishing methods, extinguishing agents and extinguishing effects, briefing in handheld tools.

Following completion of this qualifying course, participants will receive a certificates from the Swedish Fire Protection Association (SBF) valid for the next 5 years.

Duration

Duration of 6 hours (7 × 40 min.). Training course materials, lunch and refreshments included.



Presto, your guide to safe fire protection

Presto Brandsäkerhet AB is a total provider of products and services in fire protection. The Presto group is a Swedish, family owned company group with its headquarters, own production and central warehouse in Katrineholm and a second production unit in Gnosjö. The company began its operations in 1959.

The company has established a local presence throughout the Nordic region through its own regional and service offices and partners. In total, the group has 300 employees in the Nordic region. Feel free to contact us!